Baking soda: Health benefits and practical uses

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- Baking soda neutralizes stomach acid, helps slow kidney disease progression and reduces muscle fatigue. Topical pastes made with baking soda can soothe insect bites and sunburn and eliminate foot odor.

- Baking soda also helps whiten teeth, freshens breath and gently exfoliates skin, though overuse may disrupt the skin's pH balance.

- Baking soda is a non-toxic cleaner that can be used for scouring, deodorizing and unclogging drains (with vinegar). It also doubles as a beauty scrub and odor neutralizer.

- Avoid prolonged internal use (risks electrolyte imbalance, hypertension). Consult your healthcare provider for possible medication interactions.

- Baking soda is a versatile ancient remedy validated by modern science. It is ideal for eco-conscious users with mindful usage.

Baking soda, a humble kitchen staple long relegated to cookie recipes and as a fridge deodorizer, is a versatile ingredient that can be used as a natural remedy, for skin care and for household cleaning. Its versatility spans health-related uses — from soothing indigestion to whitening teeth — while serving as an eco-friendly alternative to harsh chemicals.

Baking soda (sodium bicarbonate) boasts alkalizing properties, helping neutralize stomach acid for temporary heartburn relief. Research suggests it may also slow kidney disease progression by balancing pH levels and reducing acidity in the body. Many athletes have also turned to diluted baking soda water to combat post-workout muscle fatigue, though overconsumption risks electrolyte imbalances.

A paste made of baking soda and water can help alleviate insect bites and sunburn, or eliminate foot odor when mixed into soothing soaks. When used for gentle exfoliation, baking soda clears away dead skin and excess oil, though overuse can disrupt the skin's natural pH. Gargling baking soda water also freshens breath, while brushing with it sparingly whitens teeth. (Related: WONDER POWDER: Health benefits of baking soda, a versatile kitchen staple.)

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Beyond health, baking soda shines as a frugal beauty aid. A simple scrub buffs away dry skin, and a sprinkle inside shoes neutralizes odors. As an multipurpose household cleaner, baking soda can be used to scour pots, deodorize carpets and unclog drains when paired with vinegar — a considerably safer alternative to chemical-laden products. Baking soda's mild abrasiveness also comes in handy when doing delicate tasks like washing baby clothes or polishing silverware. (Related: 4 Uses for baking soda outside the kitchen.)

Despite its wide applications, baking soda isn't completely risk-free. Doctors warn against prolonged internal use, especially for people on low-sodium diets and those managing hypertension. Dry baking soda powder consumption can cause digestive harm, and interactions with medications (like aspirin or diuretics) necessitate pharmacist consultation. Pregnant women and children under five should avoid it altogether.

Baking soda’s cost-effectiveness and multitasking prowess make it a compelling choice for eco-conscious consumers. Yet, its potency demands respect — whether diluting pastes for skin care or taking it orally for short-term relief. As science continues validating ancient uses, baking soda proves that sometimes, the simplest solutions are the most revolutionary. Just remember: consult a professional before turning it into a daily ritual.

Learn about the survival uses of baking soda at Gear.news.

Watch this video to learn about baking soda uses for when SHTF.

This video is from the SHTFPrepping101 channel on *Brighteon.com*.

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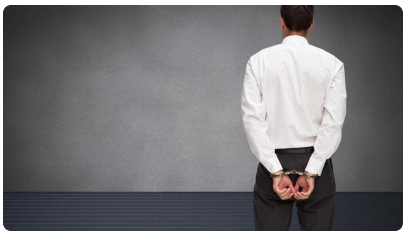

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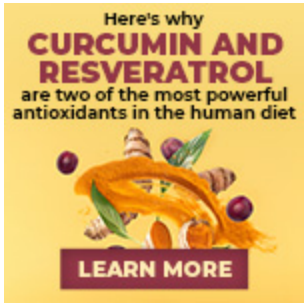

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